[](http://mhms.hcpss.org/home%20page)

**What is Physical Education?**

It is NOT…

Organized recess

Basketball and football

Playing sports games

About winning

It is…

A class that educates you on living a healthy lifestyle

A variety of activities that enhances learning

Where skills and rules are taught/improved first, games second

Increasing knowledge, being active, and learning teamwork, cooperation skills, and good sportsmanship.

**Locker Room (bathroom use and water breaks)**

5 minutes at the beginning and end of class will be given to change for PE. If you are late to squads, you are LATE! Three lates will earn you morning detention. Get a PASS from your previous teacher. Do not waste time in the hallways!

* No horseplaying
* No sharing lockers
* No perfumes/cologne

Use the bathroom and get a drink during your changing time. You WILL NOT be able to use the bathroom unless it is an EMERGENCY! With short classes you be able to get a drink before and after class (unless it is very very very very hot and/or we have done a lot of cardiovascular (running) activities.

E**xcuses Policy**

All students need a written note from parents stating the reason you are not to participate. If you are going to be excused for three days or more, you need to bring in a written **doctor’s note** in order to be excused from class.

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Rules:

1. Be prepared for class everyday
   1. Students may only participate if they are wearing sneakers
2. Be respectful to teachers, classmates, and equipment
3. Be responsible for your own actions
4. Do not touch equipment without permission
5. Be safe towards yourself and others

6. No jewelry, landyards, bracelets, earrings may be worn during class

7. No gum chewing

8. Do not share lockers in locker room

9. Do your best!

10. **Have fun!**

**Grading Rubric**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Poor**  Needs improvement | **Good**  Keep up the good work! | **Excellent**  Beyond Expectation!! |
| **1. Prepared** | Did not change for class (0) | Changed for class with appropriate shoes (1) | Prepared for class everyday |
| **2. Warm Up** | Did not participate, socialize too much, not to best of their ability (0) | Completes entire warm up correctly and to the best of their ability (1) | It always ready to participate, completes warm up beyond expectations |
| **3. Participation** | Does not participate, socializing (0) | Participates sometimes, does not complete; 2 or more distractions (1) | Participates, focused, attempts to complete all work, listens to directions (2) |
| **4. Safety and Sportsmanship** | Not participating in class activities, not being respectful, no concern for self or others Negative comments toward others, misuse/abuse equipment (0) | Good attitude, uses equipment correctly, positive interaction with others, anticipates self actions (1) |  |

There will be written assignments, homework, and tests throughout the year. **Late homework will receive a zero (0).**